

AMENDMENTS TO THE CLAIMS

1-33. (Cancelled)

34. (Currently Amended) An exercise machine comprising:

a frame;

a resistance object;

a bench having a seat portion attached to said frame;

a first arm moveably attached to said frame at a first pivot point such that said arm traverses a fixed path about a first axis permitted by said first pivot point, said first arm also being connected to said resistance object;

a second arm moveably attached to said frame at a second pivot point such that said arm traverses a fixed path about a second axis permitted by said second pivot point, said second arm also being connected to said resistance object; and

at least two handle locations on each of said arms;

wherein said first axis and said second axis are not parallel to each other;

wherein a user on said seat portion and facing forward on said machine can manipulate a handle located at one of said handle locations on each of said arms to perform a push-type exercise resisted by said resistance object; and

wherein said user on said seat portion and facing backward on said machine can manipulate a handle located at another of said handle locations on each of said arms to perform a pull-type exercise resisted by said resistance object.

35. (Previously Presented) The exercise machine of claim 34 wherein said push-type exercise comprises a converging exercise.

36.-37. (Cancelled)

38. (Original) The exercise machine of claim 34 wherein said pull-type exercise comprises a diverging exercise.

39. (Original) The exercise machine of claim 34 wherein said handle at said handle location and said handle at said another handle location comprise the same handle moved between the two locations.

40. (Original) The exercise machine of claim 34 wherein said handle at said handle location and said handle at said another handle location comprise different handles.

41. (Original) The exercise machine of claim 40 wherein the movement of said handle at said handle location causes movement of said handle at said another handle location.

42. (Original) The exercise machine of claim 34 wherein said first arm and said second arm each move independently of the other.

43. (Original) The exercise machine of claim 34 wherein said first arm and said second arm move dependently.

44. (Original) The exercise machine of claim 34 wherein said first arm and said second arm each move rotationally.

45-46. (Cancelled)

47. (Currently Amended) An exercise machine comprising:

a frame;

a resistance object;

a bench having a seat portion attached to said frame;

a first arm moveably attached to said frame such that said first arm traverses a fixed path about a first axis permitted by a first pivot point at which; said first arm is connected to said frame;

a second arm moveably attached to said frame such that said second arm traverses a fixed path about a second axis permitted by a second pivot point at which said second arm is connected to said frame;

at least two handle locations on each of said first and second arm;

wherein said first axis and said second axis are not parallel to each other;

wherein a handle located at a first handle position traces a first arc when pushed;

wherein a handle located at a second handle position traces a second arc when pulled;

wherein said handle located at said first handle position and said handle located at said second handle position each obtain resistance from said resistance object in the same direction;

wherein a user faces forward while seated on said seat portion to push said handle in said first handle position; and

wherein a user faces backward while seated on said seat position to pull said handle in said second handle position.

48. (Original) The exercise machine of claim 47 wherein said handle at said first handle position and said handle at said second handle position comprise the same handle moved between the two positions.

49. (Original) The exercise machine of claim 47 wherein said handle at said first handle position and said handle at said second handle position comprise different handles.

50. (Currently Amended) An exercise machine comprising:
a frame;

a resistance object;

a bench having a seat portion attached to said frame;

a first arm rotatably attached to said frame such that said first arm only rotates relative to said frame about a first axis permitted by a first pivot point;

a second arm rotatably attached to said frame such that said second arm only rotates relative to said frame about a second axis permitted by a second pivot point different from the first;

a first set of at least two handles, a first handle of said first set attached to said first arm and a second handle of said first set attached to said second arm; and

a second set of at least two handles, a first handle of said second set attached to said first arm and a second handle of said second set attached to said second arm;

wherein said first axis and said second axis are not parallel to each other;

wherein a user faces forward on said seat portion and manipulates said first set of handles to perform a pushing, converging exercise along a fixed path; and

wherein said user faces backward on said seat portion and manipulates said second set of handles to perform a pulling, diverging exercise along a fixed path.

51-56. (Cancelled)

57. (Withdrawn) An exercise machine comprising:

a frame;

a resistance object;

a first arm rotatably attached to said frame such that said first arm rotates about a first axis permitted by a first fixed pivot point;

a second arm rotatably attached to said frame such that said second arm rotates about a second axis permitted by a second fixed pivot point different from the first;

wherein said first axis and said second axis are not parallel to each other;

wherein motion of said first arm in a clockwise direction about said first pivot point and motion of said second arm in a counterclockwise direction about said second pivot point is resisted by said resistance object;

wherein said first arm is rotated in a clockwise direction about said first pivot point and said second arm is rotated in a counterclockwise direction about said second pivot point to provide a converging exercise; and

wherein said first arm is rotated in a clockwise direction about said first pivot point and said second arm is rotated in a counterclockwise direction about said second pivot point to provide a diverging exercise.

58. (Previously Presented) The machine of claim 34 wherein said push-type exercise comprises a converging exercise and said pull-type exercise comprises a diverging exercise.

59. (Previously Presented) The machine of claim 34 wherein said pull-type exercise comprises a converging exercise and said push-type exercise comprises a diverging exercise.

60. (Previously Presented) The machine of claim 39 wherein said push-type exercise comprises a converging exercise and said pull-type exercise comprises a diverging exercise.

61. (Previously Presented) The machine of claim 39 wherein said pull-type exercise comprises a converging exercise and said push-type exercise comprises a diverging exercise.

62. (Previously Presented) The machine of claim 50 wherein said resistance object comprises an inertial resistance object.

63. (Previously Presented) The machine of claim 62 wherein said inertial resistance object comprises a weight.
64. (New) The exercise machine of claim 34 wherein said seat portion is in the same position when said user faces forward as when said user faces backward.
65. (New) The exercise machine of claim 47 wherein said seat portion is in the same position when said user faces forward as when said user faces backward.
66. (New) The exercise machine of claim 50 wherein said seat portion is in the same position when said user faces forward as when said user faces backward.